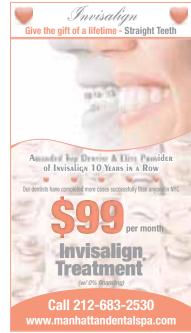


Giants with huge decisions ahead. 27



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Best Coast has a hashtag dilemma. 21



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Giants with huge decisions ahead. 27



US, CUBA TO FLY AGAIN

Transportation officials from the United States and Cuba signed an arrangement Tuesday to restore scheduled air service between the two countries, the Department of Transportation said in a statement. The department invited U.S. air carriers to apply for the opportunity to provide scheduled passenger and cargo flights, launching a process to award the new flights, the statement read. REUTERS



sanitation worker accused of being the "Grim Sleeper" serial killer, charged with slaying nine women and one girl in a Los Angeles crime spree that spanned more than two decades. Lonnie David Franklin Jr., 63, faces the possibility of the death penalty if convicted. Franklin was indicted on charges of fatally shooting or strangling seven victims between August 1985 and September 1988, and three others between March 2002 and January 2007. REUTERS

Opening statements began Tuesday in the trial of a former

LA 'GRIM SLEEPER' TRIAL | LOST MOZART SCORE

A long-lost composition by Wolfgang Amadeus Mozart and Antonio Salieri was performed for the first time Tuesday after a musicologist discovered the piece in the reserve collection of the Czech national music museum. The piece also appears to show the rivalry between the two was not especially fierce and provides more evidence that Salieri played no role in Mozart's death in 1791 at the age of 35, as the play and Oscar-winning film "Amadeus" suggested. REUTERS



STATUE KNOCKED OVER

Police are looking for a suspect who decided to commit a random crime at a holy location. On Feb. 2 at 3:50 a.m. the man — who was captured on surveillance video - is seen walking up to statues at Our Lady of Consolation Church located at 184 Metropolitan Avenue in Brooklyn, according to authorities.



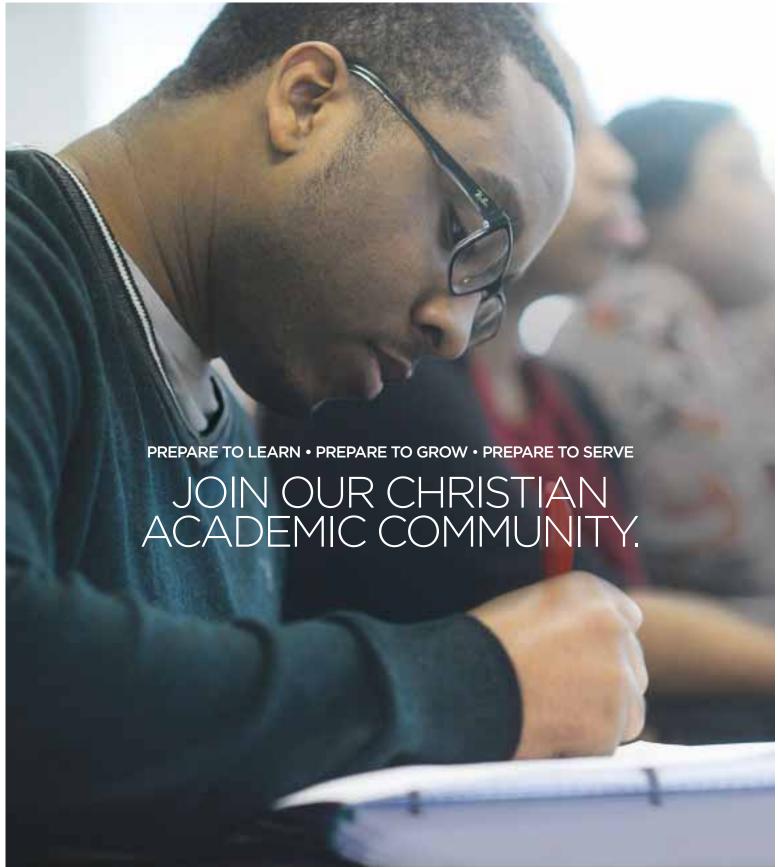
30 STRIKES AGAINST ISIS

The U.S. and its allies targeted Islamic State with 30 strikes in Syria and Iraq, the Combined Joint Task Force leading the operations said in a statement. In Iraq, 20 strikes were staged near eight cities, including Al Qaim, where nine strikes hit a logistics facility, two Internet cafés, two headquarters and a media hall used by the Islamic State militant group, the task force said. Ten strikes near four Syrian cities included six that hit an Islamic State weapons cache, headquarters, three weapons storage facilities and a barracks. REUTERS

TOURIST BEATEN

A tourist was taken to Bellevue Hospital after an ex-con fractured his skull for declining to purchase tickets to visit the Statue of Liberty. The victim, 33, was visiting from Arkansas with his family when he was attacked on Monday afternoon for declining to purchase the tickets, ABC reported. JASON NUCKOLLS







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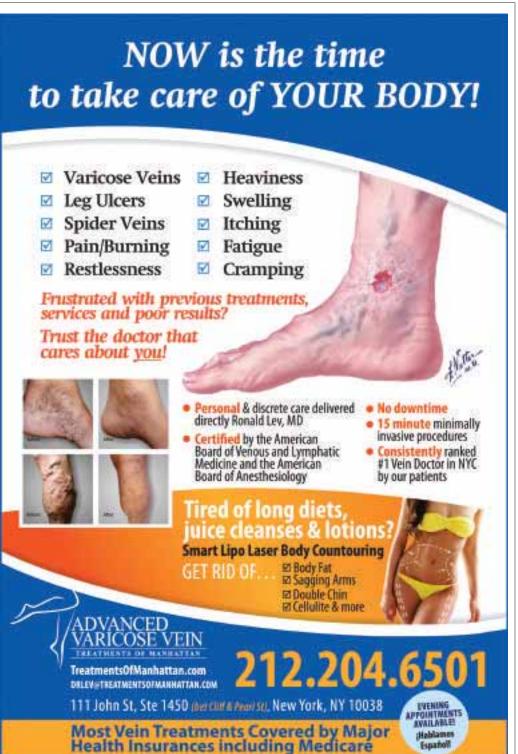
Kaža and his team have already begun filming "One Ticket Please," but have turned to Kickstarter to raise the remaining funds needed to complete the work.

The campaign, which has a goal of \$3,000, will go toward paying for reenactments to retell Cochrane's life, transportation, post-production and festival submissions.

A quarter century of daily live theater love

A film called "One Ticket Please" follows the life of a Queens woman who has been going to the theater daily for over 25 years.







You never know who is going to take the empty seat next to you. In the case of New York University film student Matïss Kaža, one encounter turned into the inspiration for his directorial debut.

Kaža, a sophomore, is working to finish up his film, "One Ticket Please," which tells the story of 77-year-old Nicki chrane, who for more than 25 years has been grabbing the subway from her home in Jamaica, Queens, to Manhattan to go to the

theater — every day. The 20-year-old student, who came to New York City from Latvia in the fall of 2014 to study film and television at the NYU Tisch School of the Arts, met Cochrane when he went to see his first play in the Big Apple at The Pearl Theatre Company.

He said Cochrane sat next to him, and during the intermission began talking to him and asking questions. Once the show ended she invited him to go see another play, and from there Kaža began knowing her story.

"She exposed me to the world of New York theater," Kaža said.

After a year of hanging out with Cochrane, Kaža learned of her deep love for theater — in all shapes and forms. The 77-year-old does not only attend large productions, but also goes to small theaters as well and has been doing so for more than 25 years on almost a daily basis. The only time she misses a day is when there are no shows or when she takes a vacation for Christmas.

"She does it purely simply because of her love for this art form," Kaža said.

The film follows Cochrane on her daily trek to the theater and shows how when sometimes she doesn't have a ticket for a particular play she will stand outside a theater door holding a sign that says "One ticket please."

Most of the time, according to Kaža, even if it means getting into some trouble, Cochrane manages to get a ticket - one way or another.

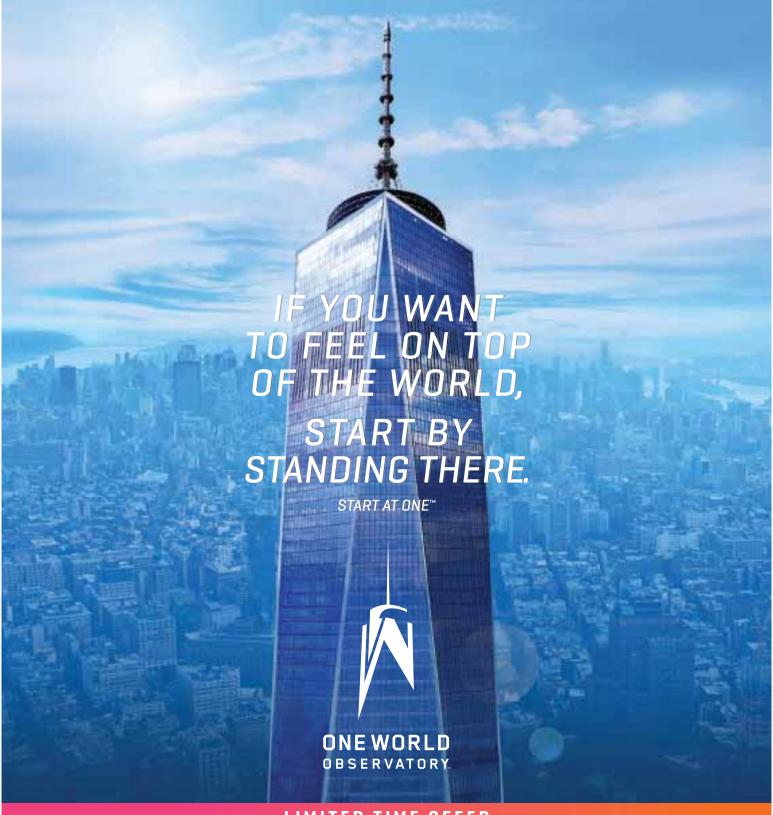
"She's more energetic

than most college stu-dents," Kaža said. "She will be ready to fight for a front-row center seat."

And although the film will look at Cochrane's passion for theater, it will also examine what brought her to where she is now — emigrating from India with her father in the 1940s - and also the consequences of her deci-

"I really appreciate anybody that finds a story about a relatively unknown person worth-while and I think small stories are the best kinds of stories," Kaža said. "Stories about real people and their lives.'





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City offers more details on BQX

A newly proposed streetcar — still a couple decades in the making - is hoping to save New Yorkers time, while also connecting growing neighborhoods in the outer boroughs.

Mayor Bill de Blasio outlined further details yesterday for the Brooklyn-Queens Connector (BQX), a streetcar line expected to stretch a total of 16 miles from Astoria, Queens, to Sunset Park in Brooklyn.

The plan for the streetcar was initially announced by the mayor during his Feb. 4 State of the City speech. It will be the city's first streetcar in more than 50 years.

"People in neighborhoods like Red Hook haven't had the quality transit they need and deserve. This new service means opportunity for those families, and it's also going to strengthen communities up and down the waterfront," de Blasio said in Brooklyn. "Anyone can see the enormous growth happening here – it's time we brought new transit to these neighborhoods for all those people and

According to the city, the waterfront shared by Brooklyn and Queens is considered one of the fastest growing areas of the city, with over 400,000 residents and about 296,000 workers.

However, although the neighborhoods are constantly growing the transportation options haven't caught up.

The BQX — which according to local leaders will bring the neighborhoods a "21st century public transit service - is proposed to run along areas such as Astoria, Ravenswood, Long



A rendering of the train FRIENDS OF BROOKLYN

Island City, Greenpoint, Williamsburg, Brooklyn Navy Yard, DUMBO, Downtown Brooklyn, Brooklyn Heights, Cobble Hill, Red Hook, Gowanus and Sunset Park.

"This corridor is where the present and the future of our city are happening. It's where jobs and housing are growing, and where innovators and businesses are moving every day," said Alicia Glen, deputy mayor for Housing and Economic Development.

The streetcar will also bring together 13 New York City Housing Authority developments and also connect 10 ferry landings, 15 subway routes and more than 30 bus lines.

Once fully constructed, the BQX is expected to serve about 50,000 riders per weekday making it one of the largest urban streetcar systems in the country and the average rider will save between 15 to 20 minutes each way.

Groundbreaking for the project is not expected until 2019 or 2020. ANGY ALTAMIRANO

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BRIEFS

Subway rider dragged to death by F train

A southbound F train in Queens dragged a subway rider to his death Monday night when he became trapped in the train's

The man, in his 60s, was caught in the doors of the train as it was departing Union Turnpike-Kew Gardens station around 6:45 p.m., the New York Daily News reported. The man may have been intoxicated as he was

trying to board the train.

The victim was taken to Jamaica Hospital, where he died, the Daily News reported.

This death comes after recent news that the MTA may try a new program of using platform safety doors, DNAinfo reported.

The goal of platform screen doors is to improve customer and crew safety as well as reduce trash and debris accumulation on the trackway," the project's description was quoted by DNAinfo.

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The victim's identity has not been released, according to the Daily News. JASON NUCKOLLS

Man shoots at Queens bar after being denied entry: cops

Police are looking for a man who could not take no for an

On Feb. 15 at about 2:50 a.m. the suspect approached the Sports Mania Bar located at 143-67 243rd St. in Rosedale,

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Queens after being denied entry.

He then fired several shots into the front of the bar and fled southbound on 243rd Street inside a white four-door sedan, cops said.

The suspect is described as a black man, between 30 to 40 years old, 5 feet 8 inches to 6 feet tall, and 200 pounds. Visit Metro.us to see surveillance photos of the suspect.

ANGY ALTAMIRANO



Spitzer lawyer says accuser apologized

New York City police on Monday said an investigation was continuing regarding a woman's claim that former Gov. Eliot Spitzer assaulted her at a Manhattan hotel, while his lawyer said the alleged victim has recanted and apologized in an email.

Detectives were trying to determine whether Spitzer, whose political ascent ended in 2008 when he resigned from the governorship amid a prostitution scandal, was involved in an incident Saturday at the luxury Plaza Hotel, a police spokesman said. No further details were

Spitzer's lawyer, Adam S. Kaufmann, said the 26-year-old woman had told hospital staff that the former governor had choked her in an attempt to avoid hospitalization for emotional issues. In a statement, Kaufmann said the woman had retracted the assault allegations in an email to Spitzer and apologized for the incident.

According to Kaufmann, Spitzer had known the woman, identified in the statement as Svetlana Travis, "for a period of time." She had asked the ex-politician and former prosecutor to book her a hotel room Saturday before she returned to her family in Russia on Sunday.

New York City police have not confirmed the woman's name.

The pair talked in the hotel room Saturday for a brief time and then

Spitzer left, his attorney said. She later called Spitzer, who returned to the hotel "at which time he saw her becoming highly emotional and was threatening selfharm," the statement said. Spitzer acted ap-

propriately at all times,

his attorney said. Kaufmann said the woman had called the emergency services dis-closing a "breakdown" then attempted to cancel the call, Kaufmann said. The New York Times reported that she had claimed to emergency workers she had attempted suicide.

The woman was admitted to a local hospital where she told staff that Spitzer had assaulted her in order to avoid further evaluation, according to Kaufmann.

She was released and returned to Russia as scheduled Sunday, where she learned about the investigation and sent an email to the former politician seeking to clear his name, Spitzer's team said.

Kaufmann has sent the email to the Manhattan district attorney's office, the New York Times reported.

No charges have been filed.

Known as the "Sheriff of Wall Street" during his tenure as New York's attorney general, Spitzer was elected governor in a landslide victory in 2006. But his political career derailed after just a year in office when he was exposed as a client in a prostitution ring.







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-	[Dunkin' Donuts - 1st 18,000 Guests 21 and older]	Aug. 14	Mariano Rivera Monument Park Plaque Dedication
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May 15	MLB Play Ball Weekend Wiffle Ball & Bat Day [1st 10,000 Guests 14 & younger]	Aug. 26	Yankees Mason Jar Night [Budweiser - 1st 18,000 Guests 21 & older]
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June 24	Mickey Mantle Triple		1st 18,000 Guests 14 & younger]
	Crown Bobblehead Night [AT&T - 1st 18,000 Guests]	Sept. 8	Yankees Peanuts Bobblehead Night 5 th in a series [MetLife - 1 st 18,000 Guests]
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BRIEF

Suspects flee Harlem pharmacy with Rx drugs in pants: Cops Police are looking for a trio of

suspects they say got away with prescription drugs from a Manhattan pharmacy last month.

On Jan. 31 at about 2:50 p.m. the three men entered the CVS Pharmacy at 859 Manhattan Ave., according to cops.

The trio then removed overthe-counter prescription drugs from shelves and hid them inside their pants, police said. The men then fled the store.

Police describe all three suspects as black men, 25 years old, 5 feet 8 inches tall and 150

The first suspect was last seen wearing a black jacket, black and gray baseball cap and light-color pants. The second suspect was last seen wearing a red hooded jacket, red baseball cap and dark-color pants. The third man was seen wearing a black coat with a fur-lined hood and a black baseball cap. Police have released video surveillance of the suspects inside the store.

Anyone with information in regards to this incident is asked to call the NYPD's Crime Stoppers Hotline at 1-800-577-TIPS (8477) or for Spanish, 1-888-57-PISTA (74782). ANGY ALTAMIRANO

Auditors scold Cuomo for 'squalid' homeless shelters



CHOMO GETTY IMAGES

The report identifies "numerous issues that rendered living conditions unacceptable."



Reports of mold, fire and safety hazards, vermin and rodent infestations in many of New York City's homeless shelters have auditors pointing their fingers at New York Gov. Andrew Cuomo.

The findings were reported by the state's Office of Temporary and Disability Assistance. The audit was released by New York State Comptroller Thomas P. DiNapoli on Feb. 16.

The OTDA said its auditors gave operators less than 24 hours' notice before visiting 20 certified and 19 uncertified shelters statewide, including 26 in New York City.

"It is imperative that OTDA strengthen its oversight of shelters as we undertake a badly needed statewide review of this vital support system," DiNapoli said in a statement. "Homelessness is a problem throughout New York State. Escaping homelessness requires opportunity and support. New York's most vulnerable residents deserve far better than the unac-ceptable conditions we found in these shelters. We appreciate the state's renewed effort to improve these critical services."

The audit, which covered the period from April 2013 to Aug. 2015, estimated New York's homeless population to be at 80,000, and said living conditions at most shelters are filthy, some places so dirty they pose serious health risks.

Gov. Cuomo spoke with New York 1 the morning of Feb. 16, saying the state could have done more. He announced his administration has made changes, which include a statewide inspection system and better policing of shelter.

"I agree that the state was not aggressive enough for a period of time, and that's now changed," Cuomo said. 'We have to do a better job and the city has manage the shelter system in accordance with the rules and regulations. We're going to make sure that hap-



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Released American journalists have left Bahrain, relatives say

Bahrain's public prosecution office said it had ordered the release of the group after interrogating them in the presence of their lawyers.

An American journalist and her camera crew who were arrested in Bahrain and accused of participating in an illegal gathering have left the country after being released on Tuesday, their families said in a statement.

Bahrain had said security forces arrested four U.S. citizens on Sunday while they were "participating with a group of saboteurs who were carrying out riot acts" in the village of Sitra. They were found with cameras and computers.

Demonstrators in Sitra, a Shiite village east of the capital, Manama, have clashed with security forces in recent days as the country marked the fifth



Anna Day FACEBOO

anniversary of Arab Spring protests.

The U.S.-allied kingdom, where the U.S. Fifth Fleet is based, put down the 2011 protests by force with help from Gulf Arab states, including Saudi Arabia. But Bahrain continues to see unrest, especially in villages where Shiites are a majority.

Shiites complain of discrimination by the Sunni-dominated government and want more say in the island's politics. Rights groups say the authorities have stepped up a crackdown on dissent and accuse security forces of using torture to extract

"We are grateful to the Bahraini authorities for their speedy resolution of the issue and to the U.S. Embassy in Bahrain and State Department officials who worked tirelessly to assist the group."

The famalies said in a statement

confessions.

The government denies discrimination and rejects charges of torture. It says it has set up several bodies to monitor compliance with international human rights covenants.

Bahrain did not name the four people detained, but their lawyer and media campaign group Reporters Without Borders identified them as journalist Anna Day and three members of her camera crew, all U.S. citizens.

U.S. officials were allowed consular access to the Americans while they were detained, State Department spokesman

Mark Toner told reporters.

The families of the journalists said they were thrilled the group had left Bahrain.

Day has reported in the Middle East, North Africa, Asia and Latin America for numerous media outlets, mostly American. According to her LinkedIn page, Day has been a Fulbright Fellow and a United Nations Press Fellow.

Matt Mulberry, a Washington-based journalist who trained with Day at a journalism program in Mexico in 2012, said she knew the region and how to report on popular movements. REUTES

Hillary Clinton meets with black leaders in NY

Hillary Clinton met with black civil-rights leaders in New York City on Tuesday as she seeks to maintain a crucial edge in popularity among black voters over her rival, Sen. Bernie Sanders of Vermont.

"The secretary demonstrated an ease and familiarity with many of the issues we discussed this morning," Marc Morial, president of the National Urban League, said after a two-hour meeting with former Secretary of State Clinton and a half-dozen civil-rights groups at the league's headquarters.

He and other group leaders are due to hold a similar meeting with Sanders in Washington on Thursday.

Clinton's campaign staff has long argued that surging support for Sanders will probably falter as voting for a party



Hillary Clinton meets with Rev. Al Sharpton in New York City. GETTY IMAGES

nominee moves to more racially diverse states in coming weeks. Clinton's campaign says she has a longer record of working to solve problems that affect black people.

Sanders has said Clinton's polling lead among black voters is partly a result of her being much more famous than he is. He believes many non-white voters will be drawn to his message

of fighting economic inequality as they get to know him.

Clinton's status as front-runner to be the Democratic nominee for the presidential election was jolted this month when she beat Sanders by less than one percentage point in Iowa's caucuses, and lost to him by more than 20 points in New Hampshire's primary. BEUTERS

BRIEF

Group requests special prosecutor in Chicago police shooting

Politicians, pastors and civil rights lawyers petitioned Cook County's chief judge on Tuesday to assign a special prosecutor to the murder trial of a Chicago police officer who fatally shot a black teenager, saying the state's attorney was biased.

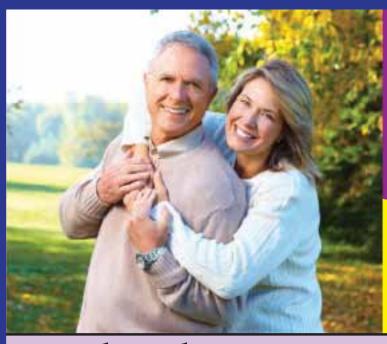
Officer Jason Van Dyke, who is white, faces six counts of first-degree murder after shooting 17-year-old Laquan McDonald 16 times in October 2014.

Patrol car dashboard-camera videos of the shooting were released a year later, setting off weeks of protests calling for the resignations of Mayor Rahm Emanuel and of Anita Alvarez, the top prosecutor in Cook County, which includes Chicago.

Alvarez has been criticized for taking more than a year to bring charges in the case, which has become a key issue in her campaign for re-election to a third term next month.

"This is an extraordinary measure that is necessary to restore public confidence," Cook County Commissioner Jesus "Chuy" Garcia said at a news conference on the petition.REUTERS

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Nation's only coast-to-coast vein clinic offers minimally invasive varicose vein treatments

Astoria, New York, - February 8, 2016: USA Vein Clinics, the only coast-to-coast vein clinic system in the United States, has announced its plans to open a new office in Astoria. This brings to 32, the number of offices that the award winning USA Vein Clinic has across the country. The new office is located at 30-33 Steinway, in Astoria. USA Vein Clinics (USAVC) has been voted "Best Vein Clinic" numerous times because of the advanced medical treatments it offers and its documented 100% customer satisfaction from patients with varicose veins and other venous insufficiency conditions. The ability to detect and treat potentially life-threatening venous insufficiency conditions is one of the reasons why USAVC is the only clinic with office locations spanning the nation.

USAVC provides the most advanced, minimally invasive varicose vein treatments available on the market today, including Endovenous Laser Therapy (EVLT). Both of these procedures have a proven track record of positive outcomes and the highest documented rates of reduced pain and increased patient comfort.

The skill of USAVC specialists is proven by the positive outcomes experienced by patients. "We are fortunatetohavevascularspecialists with the skill and experience to detect and stop potentially fatal venous insufficiency conditions in their tracks," said USA Vein Clinics founder Yan Katsnelson, MD. "While many patients believe their problem is aching varicose veins, we sometimes find that another much more serious, and

potentially life threatening venous insufficiency condition is lurking in the background, such as peripheral arterial disease (PAD). "We detect and treat these conditions, and return our patients to healthy lives."

Anyone experiencing leg aches or cramps, heaviness in the legs, restless leg syndrome, itching or burning in the legs, discoloration or non-healing wounds in the legs or ankles are urged to call and schedule a consultation immediately, even if they do not have significant varicose or spider veins.

"Even though Venous Insufficiency can be serious," said Dr. Katsnelson, "treatment is quick, painless, effective, non-invasive and covered by Medicare and most insurance plans.

To find out more about the symptoms of Venous Insufficiency, or to schedule a minimally invasive treatment for varicose or spider veins, call USA Vein Clinics at 917-717-5135, or log onto www.usaveinclinics.com.

The doctors at USA Vein Clinics include graduates of Harvard and Stanford medical schools and are extensively trained in vascular medicine. USA Vein Clinics has offices in Los Angeles, Chicago, Boston, New York City, Philadelphia, Tinton, New Jersey, Washington DC, Georgia and Arkansas.

Thirty million Americans suffer with varicose veins. Fifty percent of all people over the age of 50 have varicose veins and 300,000 people a year die due to complications of vein disease. Varicose veins are painful and can cause other health issues such as ulcers and blood clots. Age, family history, obesity and occupations that require standing on the feet all day are risk factors for varicose veins.

US planned major cyberattack on Iran if diplomacy failed: NYT

Code-named Nitro Zeus, the plan was aimed at crippling Iran's air defenses, communications systems and key parts of its electrical power grid, but was put on hold after a nuclear deal was reached, the Times said.

The United States had a plan for an extensive cyberattack on Iran in case diplomatic attempts to curtail its nuclear program failed, The New York Times reported on Tuesday, citing a forthcoming documentary and military and intelligence officials.

The plan developed by the Pentagon was intended to assure President Barack Obama that he had



GETTY IMAGE

alternatives to war if Iran moved against the United States or its regional allies, and at one point involved thousands of U.S. military and intelligence personnel, the report said. It also called for spending tens of millions of dollars and putting electronic devices in Iran's computer networks, the Times said.

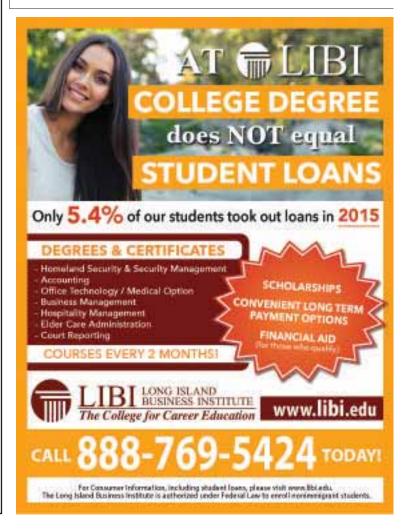
U.S. intelligence agencies at the same time developed a separate plan for a covert cyberattack to disable Iran's Fordo nuclear enrichment site inside a mountain near the city of Qom, the report said.

The existence of Nitro

Zeus was revealed during reporting on a documentary film called "Zero Days' to be shown on Wednesday at the Berlin Film Festival. The film describes rising tensions between Iran and the West in the years before the nuclear agreement, the discovery of the Stuxnet cyberattack on the Natanz uranium enrichment plant, and debates in the Pentagon over the use of such tactics, the paper reported.

The Times said it conducted separate interviews to confirm the outlines of the program, but that the White House, the Department of Defense and the Office of the Director of National Intelligence all declined to comment, saying that they do not discuss planning for military contingencies.

REUTERS



Anger, resignation as massive pay gap prompts Carrier's Mexico move

Union leaders at an air conditioner factory in Indianapolis threatened with losing 1,400 jobs to Mexico said on Tuesday the plant's owner expects to pay Mexican workers \$3 an hour compared to an average of more than \$20 an hour for the U.S. workers.

"We haven't given up the fight yet," said Chuck Jones, president of the United Steelworkers union local that represents workers at the Carrier Corp. plant. "But Carrier has pretty well indicated that the wage differential is too great and there's not much we can do."

A spokeswoman for Carrier, a unit of United Technologies Corp, said the company pays a "competitive wage"



based on local conditions and could not discuss pay levels.

Union and Carrier officials were locked in talks on Tuesday as a political storm raged around them.

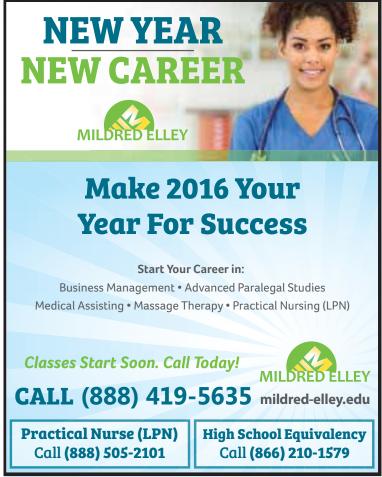
The announcement last week from Carrier that it would shift 1,400 jobs from Indianapolis and 700 from another plant in Huntington, Îndiana, to Monterrey, Mexico, starting in 2017 prompted Republican presidential frontrunner Donald Trump to say he would tax Carrier air conditioning units for moving to Mexico.

Local leader Jones said it was "helpful to have anyone talking about job losses" but added that Trump has said auto workers get paid too much. Democratic presidential candidate Bernie Sanders has been more consistent on the dangers of trade deals and corporate greed, he said.

Carrier is one of many U.S. manufacturers moving jobs to Mexico. However, videos of a company official delivering the news to the Indianapolis plant's stunned work force, posted on YouTube, provided a vivid look at the pain and anger such decisions cause. REUTERS







Can Baby Boomers Avoid Knee Surgery With Modern Arthritis Treatments? Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different That's what many knee arthritis pain sufferers are saying about this technology and

medical technology and treatments a lot of clinics do not use. And second, the word has better the results. The key to avoiding knee director at the OsteoRelief Institute in New York City. "The same holds true for treating knee arthritis pain. I believe we are having so of two factors: One is we are using advanced spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the "We all know that countless lives are being saved every year because of early detection and better treatment of cancer," noted the clinic much success at OsteoReliefInstitute because replacement surgery is doing the correct treatments as soon as possible.

What is the "correct treatment?"

and treats knee pain every day," added the "That depends," said the director. "There is no one answer when it comes to medical conditions and knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with

right treatments is viscosupplementation. In acid (such as Hyalgan) is injected directly For many knee arthritis pain sufferers the this treatment, a preparation of Hyaluronic into the knee joint.

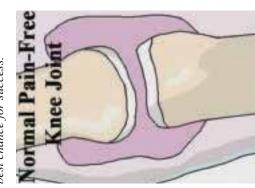
to be decreased in arthritis sufferers. This is Obviously, the sooner you put oil back in the Hyaluronic acid is a natural lubricant and car - the less damage will be done. That's why some doctors feel early viscosupplementation gets the best results and is so important for shock absorber of your joints and is found similar to running your car low or without oil.

important factors for the success of viscosupplementation is making sure you are getting it into the joint space. That's use advanced imaging technology called a The director, believes one of the most why the doctors at OsteoRelief Institute "C-Arm."

where it is supposed to. Research shows A C-Arm allows the doctor to see into the joint and actually watch the injection go that performing injections without digital imaging can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without advanced imagining and did not get good results - this may be why. "If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are to not wait, get a good evaluation from an expert and make sure advanced digital imaging (C-Arm) is used to make sure you have the best chance for success."

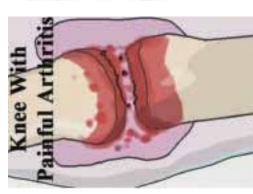


requiring months of rehabilitation. Some doctors think modern treatments Can This Be Avoided? Total knee replacement is serious surgery done early enough can keep baby boomers from going under the knife.

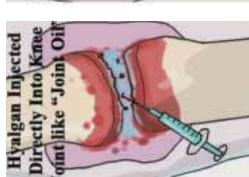


Everyone Wants Proof: In the artist simulated drawings above, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.

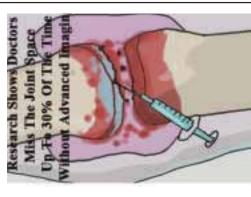
with



Pain - the red is a knee joint Arthritis causes the joint space to decrease, grinding, stiffness, painful osteo-arthritis. decreased motion, bone spurs, swelling and a lot of pain.



Successful Treatment - Hyalgan (blue) being precisely injected directly into the knee joint using laser guided hologic imaging. Advanced imaging allows treatments to be as precise as possible. Hyalgan can ubricate the joint and decrease pain.



Failed Treatment - the injection Research shows this occurs up to 30% (and Hyalgan) misses the joint space. of the time without the use of laser guided hologic imaging to guide the injection. This is why Hyalgan may not have worked for you.

Knee Pain Screenings Offered To Help Determine If New York Metro Area Knee pain sufferers have limited time to claim knee pain screening to see if all-natural Residents Qualify For Popular Treatment knee arthritis treatment might work for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to OsteoRelief Institute New York City.

successful comprehensive knee pain relief That's when their specially trained-doctors added Hyalgan treatments to their already

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

lubricating fluid (synovial fluid) in your knee You see, when you suffer with arthritis - the

your bones start to rub and grind against each This means instead of gliding smoothly -

This causes a little pain in the beginning - but over time the pain steadily gets worse until it

Like "Joint Oil"

contains one of the natural building blocks of it is like 'joint oil." It is a natural substance that Viscosupplementation works so well because the synovial fluid that lubricates your knee.

natural building block to synovial fluid in Scientists and researchers discovered this of the roosters head. It is extracted from the the rooster's comb - that big red thing on top roosters comb, purified and concentrated.

joint, it is like squirting oil on a rusty door When it is injected directly into your knee

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

Glucosamine and chondroitin and other supplements are much different. You

can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Already Had Similar Treatments Without Why You Should Try This Even If You've Results...

the Viscosupplementation exactly where is "We have been able to help so many low dose video flouroscopy imaging called "Hologic Digital Imaging" so we can see right into the joint. This allows us to put the joint up to 30% of the time." said the director of Arthritis Treatment at Osteorelief knee pain sufferers - even many who have Supartz, Orthovisc and even Hyalgan. We use special and very advanced advanced needs to be. Studies show doctors doing joint injections without flouroscopy miss already tried other injections like Synvisc,

OsteoRelief Institute is a state of the art medical facility offering only the best technology.

get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were getting their lives back... going for walks They tell all their friends - that's why we are "Every case is individual. Some patients swarmed. I can't tell you how many patients have cancelled their total knee replacement suffering for years with bad knee pain are again and exercising. It's amazing to see. surgeries." added the director.

If you have knee pain, the director would like to invite you for a no obligation screening to see if you are a candidate for Hyalgan



to 30% of the time. This is one reason Hyalgan or other Viscosupplementation may not have worked for you. C-arm allows doctors to see directly into the knee joint so treatments are precise and the Hyalgan actually Advanced Medical Technology Can Make All The Difference: This advanced digital imaging called a OsteoRelief Institute uses this C-arm for every Hyalgan treatment.

All you have to do is call 800-227-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." each month for this screening - so if you are The specialists at OsteoRelief Institute can only accept a limited amount of new patients interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important

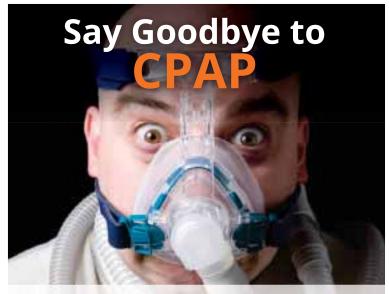
- Viscosupplementation treatments are covered your no obligation screening or if you have any by most insurance and medicare. To schedule questions call 800-227-KNEE (5633).

If You Can Answer Yes -You Are Eligible For A Knee Arthritis Screening With The Experts At OsteoRelief Institute

- Do you have pain and osteoarthritis (arthritis) of the knee?
- Have you tried other treatments such as anti-inflamatory medications without
- viscosupplementation (Hyalgan, Suparz, Have you already tried

give OsteoRelief Institute a call and schedule If you answered yes to any of these questions your no obligation knee pain screening Synvisc) without satisfactory results?

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Key senator undecided on hearing for Obama Supreme Court pick

The Republican head of the Senate panel that weighs Supreme Court nominations said on Tuesday he will wait until President Barack Obama names his pick to fill the vacancy left by Justice Antonin Scalia's death before deciding whether to hold confirmation hearings.

Republicans have threatened not to act on any nominee put forward by the Democratic president for the Supreme Court seat. Obama's nominee could alter the court's balance of power. Before Scalia's death, it had five conservatives and four liberals.

Republicans control the Senate, which the Constitution assigns responsibility for confirming a president's nomi-



Judiciary Committee Chairman Chuck Grasslev GETTY IMAGES

nation to the court.

"I would wait until the nominee is made before I would make any decisions" about confirmation hearings, Judiciary Committee Chairman Chuck Grassley said, according

"I would wait until the nominee is made before I would make any decisions ... In other words, take it a step at a time.

Grassley

to Radio Iowa. "In other words, take it a step at a time.

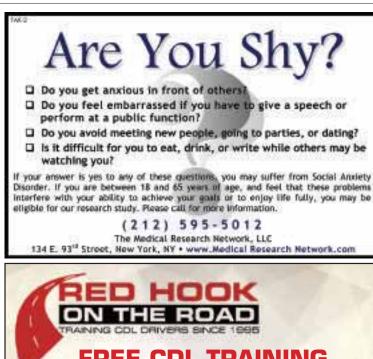
Sen. Patrick Leahy, the committee's top Democrat, prodded Republicans to act on whomever Obama nominates for a lifetime appointment to the COUIT. REUTERS

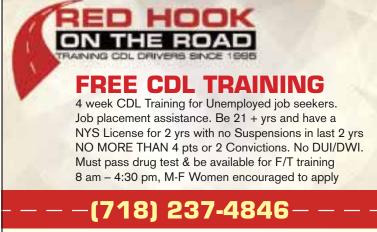


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Unlike comparable U.S., Canadian, and other world silver coins whose designs don't change, each years' legal tender China Silver Panda features a new, one-year-only design. This leads many to seek out each and every year for their beauty and collectability.

Historic First Ever Release

After three decades of success, the 2016 China Silver Panda *marks a whole new era*! For years, demand for gram-weighted coins has been building from buyers in Asian and world markets. Now, for the first time ever, a China Silver Panda coin has been issued in a new 30 gram size. Imagine the reaction if the weight of the popular American Silver Eagle coin were to suddenly change based on demand from American collectors.

It creates an exciting new "first" in a silver series that's already been a huge hit for over 30 years!

Don't Miss Out!

Experts are predicting a potential massive market surge in demand for this attractive new first-ever 30 gram size. Of course, no one

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can predict the future, but the 2016 Brilliant Uncirculated China 30 Gram Silver Panda will forever be known as a first ever issue. In the face of surging demand, this official 2016 issue is your "gift from China." But this precious silver gift may not last for long!

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Amid all of cashstrapped Kanye West's ups and downs this week, he's apparently earned himself the ire of his mother-in-law, Kris Jenner. Not a smart move, buddy. At issue is apparently Adidas-loving West's mention during one of his many Twitter rants that sister-in-law Kylie Jenner would not be signing an endorsement deal with Puma. It turns out Jenner was not pleased, not at all. 'It really pissed her off," a source tells Radar Online. "Kris was completely livid after he blasted the tweet out saying that Kylie would not take the Puma deal, because Kris worked on that deal. Kanye fails to remember



sometimes that Kris is the boss in the family and has a hand in all of her children's endorsements. She told him that she decides which deals her daughters do and not him." I'm guessing this probably isn't

best time for him to ask her for some money?

the

NED EHRBAR letters@metro.us

Stephen Fry quits Twitter

Adele consoles herself with a burger

So those technical difficulties at the Grammys? Yeah, they were pretty rough. Particularly for Adele, whose performance of "All I Ask" was plagued by sound issues — namely a microphone dropping onto the piano strings and the sound cutting out completely at one point. She looked pretty broken up about it when she got back to her seat, but later in the night the British singer found the perfect remedy for her bad audio blues: "The piano mics fell on to the piano strings, that's what the guitar sound was. It made it sound out of tune. S— happens," she tweeted. "Because of it though ... I'm treating myself to an In n Out. So maybe it was worth it." I mean, probably? So those technical difficulties at the Gram-





Kevin Hart After I whoop my bodies a- & sweat all of this Drank out of my system I will be hitting the office & reading these scripts

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guessed "wifey"...

British comedian Stephen Fry can't take the social media heat, so he's getting out of the Twitter kitchen. The sharp-tongued cultural critic raised eyebrows while hosting the BAFTAs in London when he made a quip about "Mad Max: Fury Road" costume designer Jenny Beavan's ensemble. "Only one of the great cinematic costume designers would come to an awards ceremony dressed as a bag lady,' he joked as she left the stage. And viewers at home were not pleased, launching an uproar of responses online. That's

apparently where Fry drew the line. "Will all you sanctimonious ers f- the f- off? Jenny Beavan is a friend and joshing is legitimate. Christ I want to leave the planet," ĥe tweeted. Well, he settled for leaving



'Walking Dead' fans upset about spoilers that aren't spoilers

In this age of streaming, DVRs and delayed viewing, there's plenty of debate about what exactly constitutes as a spoiler. A movie playing in theaters is one thing. A TV show that's already been broadcast? That's another. But not according to some "The Walking Dead" fans, apparently. Sunday night saw the action-packed return of the zombie drama, and on Monday night - during the premiere of "Better Call Saul" — network AMC decided to advertise next week's episode by discussing the crazy stuff that happened the night before. And that was not cool with some fans. "AMC spoiling a oneday-old episode of 'The Walking Dead' during a 'Better Call Saul' break is going to piss a s-load of people off," one fan tweeted. Sure, except that's not really a spoiler anymore, you know? The show aired. Just because you haven't had time to watch it doesn't mean everyone else has to wait quietly until you do.



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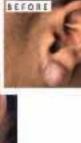
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Best Coast's Bethany Cosentino fangirled out when she met Julia Louis-Dreyfus

We would too.



Best Coast's Bethany Cosentino calls us from L.A., a week before the band starts their Summer is Forever II Tour with Wavves and Cherry Glazerr. The 29-year-old vocalist/musician is handling all her "responsible adult things" — i.e. going to the doctor, stockpiling travel swag from Target – before she hits the road. She chats "Seinfeld," thrifting and the unfortunate hashtag coincidence of #BestCoast.

What things do you like to bring on tour with you?

I always try to take a good collection of DVDs. I think touring is difficult because you just had that one outlet you can turn to to remind you of being at home and you can tune out what you're doing day-to-day for your job. Ĭ'll bring a million "Seinfeld" DVDs, even though I've already seen them a million times.

Which character do you relate to the most?

Elaine! She's probably my favorite fictional character of all time, though I



Bethany Cosentino has a hashtag dilemma. JANELL SHIRTCLIFF

don't see her as being fictional because she seems really real to me. I met Julia Louis-Dreyfus once and I totally fangirled on her. I talked about all these Elaine-specific things and she was like, 'You know I'm on other shows, right?"

Do you watch "Veep"? I have yet to watch all of "Veep," but I've been catching it on airplanes because it's always on the [in-flight] TV programming there. I just

came back from Ghana and I was flying home across New York, then New York to L.A., and I wanted to stay up so I could go to bed without jet lag. I ended up watching eight or nine episodes in a day. It's really smart and funny.

What are you listening to lately?

Honestly, I feel like for the most part I'm always listening to the same stuff. It's like, Fleetwood Mac or Drake — opposite ends of the spectrum.

But those two flow pretty nicely into each other.

Yeah, they're both pretty mellow, emotional stuff. And when I'm in my car, I'm into this record by Widowspeak called "Åll Yours." Then also Beach House's "Thank Your Lucky Stars."

I've been thinking a lot about band names that are difficult to Google. Do you run into that problem with

a lot of weed photos and medicinal marijuana. Oh that's weird but I

pick up people in California at the beach and

guess it makes sense.

Yeah, Best Coast is very California-centric lingo. For me, it's a 2Pac lyric, like "West coast is the best coast," but I forget it's a thing. So West Coast rappers or weed stuff comes up when you search for us.

You've done fashion collabs in the past. Do you think you'd do it again?

I would definitely do a collaboration again if the right person or a line I really respected approached me. I love clothes and style, and my mom is a designer. For her, it was a labor of love, but now it's something she focuses on 100 percent. My parents were always supportive of us having our own style and we'd go to thrift stores together.

What city has the best thrifting?

My mom lives in Omaha and whenever I go to Nebraska, I shop because they have great stores. You find stuff and it's like, "You'd never find this in L.A.," and if you did, it'd be \$115 in a thrift store.

Best Coast?

I try not to [Google], to be honest. I try to stay away from Googling myself or reading interviews after they happen. But my parents are very into Googling "Best Coast." I wouldn't be surprised if they have a Google alert set up.

I know on Instagram though, you'll be searching for our tag when I'll try to find a fan photo from one of our shows to put up and that's really difficult because you just





Grit and grace at NYFW



Rag & Bone create the perfect parka

Life's too short to look like you're walking around in a sleeping bag. So how do you stay warm - and more important, look cool — in the kind of blustery, unpredictable weather we've been experiencing? Designers David Neville and Marcus Wainwright's solution to this city girl conundrum: "Coat and boots!"

To live percussion courtesy of Atoms for Peace, the duo sent out winter essentials that exude attitude and grace: tough quilted bombers with shearling, vintage relaxed jeans, elevated varsity jackets in camo jacquard. But the heart-stopper: a billowy parka with shearling trim and some high-fashion corset detailing on the side. Black patent leather boots with a sturdy platform heel completed the show's grit-meets-polished feel. They seemed comfortable enough to rush through city streets when Uber surcharges strike, and sleek enough to fit right into cocktail hour. Bring it, polar vortex.



Romance at Rosie Assoulin

Forget the clothes for a second — the simple but striking set Rosie Assoulin created at her show was probably more Instagrammed than most collections during New York Fashion Week

Colorful candles burned on a wooden frame, creating a rainbowhued messy magic.

"I love candles; they're really pretty and they make a room feel good - and it's cold," said the designer during her presentation.

But the real enchantment — models in sculptural ruffles and asymmetric tops; long, lean silhouettes; and attention-demanding wide-leg trousers - will keep the girl wearing Assoulin's clothes on everyone's Insta feed

Trends

Leaf prints



Alexander Wang 3.1 Phillip Lim

Lela Rose DAN & CORINA LECCA

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The moral dilemma in 'Daredevil' Season 2



When you lose your moral code, are you still a superhero? Even if you think what you're doing is right? Is it OK for Batman to use a gun in the "Batman v Superman: Dawn of Justice" trailer? Is Superman a villain because he's killed someone? We just got a new trailer for "Daredevil" Season 2, and that's exactly what we're looking at.

Hell's Kitchen isn't exactly a safe place to live, and Matt Murdock (Charlie Cox) has been keeping it safe with fists and violence. However, he still has a moral code. Enter Punisher (Jon Bernthal), who's lost his family through violence and is ready to destroy anything in his path to take the bad quys down.

In the trailer, he calls Daredevil someone who can't finish the job. Between his words, the



The second season of "Daredevil" hits Netflix on March 18. MARVEL, NETFLIX

fact Claire (Rosario Dawson) believes the city needs him, Karen (Deborah Ann Woll) telling him that they helped create the bad guys and Foggy (Elden Hensen), who doesn't think any of this is right, our fair hero is going to be pretty conflicted this time around.

Watching heroes struggle with moral dilemmas like this is one of the main reasons many of us love their stories. We're all haunted by the same questions. Is it worth punching the guy

who cut us off in traffic or will a simple middle finger do? Is it worth saying something horrible to the person who almost hit you as you were walking across the street or will it make things worse? Will they learn a lesson and not do it again?

All heroes struggle with how far to go and what path is justified. Sometimes watching them do it on a large scale makes it easier for us to work out our own decisions. They get to do it in far cooler outfits, though.

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So why haven't you signed that contract yet? The same reason you haven't done a lot of things: Interior designers are expensive.

Until now, that is. Founded in 2014 by sisters Emily Motayed and Lee Mayer, Havenly is a digital platform that connects clients and interior designers for online consultations. While the service is not the first of its kind, the price certainly is: For a \$199 flat fee, a designer will create two custom concept boards for your room and provide product and placement recommendations; for smaller projects, there's a \$79 mini refresh.

'We see a variety of clients looking for expert help in designing their homes," says Motayed. They may not have had the resources or ability to hire a traditional interior designer, because in-person designers tend to be cost prohibitive."

Thinking it's time for a little upgrade? Here are Havenly's most-requested trends to get you inspired.

Wallpaper
It's true — your grandmother was on to something. "Wallpaper is making a comeback," says Motayed. "An easy way to try it out without being overwhelmed is utilizing an accent wall. We're seeing a lot of gold and metallic wallpapers, but also bold, bright colors on the walls. It's such an easy and fun way to update a

Upholstery

Don't have the funds for that new statement couch? Consider reupholstering. "Not only are folks refinishing pieces that they own or were passed down to them, but an easy way to save money is to purchase an

item from Ikea or a discount retailer and update it with more luxurious fabrics," says Motayed. "Preppy patterns are having a renaissance · stripes and polka dots and even updated paisley.'

Color

Although Pantone forecasted pastels for 2016, Havenly clients are still requesting bold colors. "We're definitely still seeing accent walls of bold blues, pinks and greens — a lot of colorblocking in draperies and carpets, as well," says Motayed. "Lighter colors are being incorporated into the softer accents — blankets and in artwork - that are tying the room together."

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This is "an apartment with a soul."



When it comes to New York City real estate, it's all about location, location, location, but many of us need to compromise on something in this competitive mar-

For \$4,995,000, you can get both a dream Brooklyn address and layout with this Park Slope apartment at 25 Eighth Ave.

Though it's a condominium at a building called the Montauk Club, the photos and age of the building, originally built in 1889, make you forget that.

As the listing, from Douglas Elliman, says, "If you're tired of seeing glass boxes and cookiecutter apartments and would like an apartment with a story and a soul, this home is for you."

One stained window would stand out in most New York apartments, but this one has 12, along with 12-foot carved coffered ceilings.

This full-floor, fivefour-bathbedroom, room home also boasts a 50-foot living and dining space, and has an address that is steps away from Prospect Park. It's no wonder the price is nearly \$5 million.

Can't afford price? Then check out photos of the inside to get inspired by its details and create a similar oasis in your own outerborough apartment.

The eclectic and extravagant details:

- Moroccan-tile floor and oversize soapstone sink in the kitchen
- Solid oak pocket doors leading to the dining room
- Master bedroom with a tiled terrace with stone balustrade; en suite bath
- featuring an extra deep copper soaking tub Modern upgrades that
- include acoustical sound proofing underneath the flooring and radiant heat floors throughout the apartment
- The building itself also has terra cotta ornamentation, Quatrefoil windows, pointed arches, Montauk Indian friezes and a red Spanish tiled roof.



This bedroom has its own terrace



Just look at that sink



The apartment features 12-foot carved coffered ceilings.

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14	2 Bedroom	\$931	2 3 4	\$32,367 - \$34,550 \$32,367 - \$38,850 \$32,367 - \$43,150

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1	Studio	\$566	1	\$20,167- \$24,200
4	1 Bedroom	\$608	1 2	\$21,600 - \$24,200 \$21,600 - \$27,640
3	2 Bedroom	\$737	2 3 4	\$25,900 - \$27,640 \$25,900 - \$31,080 \$25,900 - \$34,520

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REQUESTS must be postmarked by March 26, 2016. Completed applications must be returned by regular mail only to a different address that will be listed on the application, and must be postmarked by April 2, 2016. Applications postmarked after this date will be logged in after all other applications. Applications not sent via regular mail will not be accepted (no Fed Ex, Express Mail, Priority Mail, etc. will be accepted).

Applications will be selected by lottery.

Priority will be given to applicants who live or work in New York City and who do not live in 80/20 developments in appropriate-size units. Three units have been constructed in accordance with Federal accessibility standards (UFAS) and will be available first to qualified households with mobility or hearing/visual disabilities in log number order. All the units include features for persons with disabilities required by NYSHCR.

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Rangers' McDonagh speaks on the team's Cup chances and a unique opportunity for fans

New York's captain is focused on getting the team back to the Cup Final.



The captain thinks the New York Rangers have learned the lessons from last year's disappointing playoffs, a run that ended prematurely in the Eastern Conference Finals. And for Ryan McDonagh, those lessons will hopefully help the team this year.

It wasn't supposed to end that way, not last year for the Rangers, who captured the Presidents' Trophy for the league's best record. The Rangers skated off the ice a game short of the Stanley Cup Final, worn down from the series before against the Washington Capitals and perhaps just overall fatigue from a regular-season push to finish atop the NHL in points.

They looked tired by



Ryan McDonagh and the Rangers are positioning themselves for another lengthy playoff run. GETTY IMAGES

the time they played the Tampa Bay Lightning in conference finals,

something this season's Rangers are hoping to

"I think we understand how small and how close the differences between winning and losing, between advancing and having your season come to an end," McDonagh told Metro. "We had a great regular season where we didn't have to stress, so to speak, to get into the playoffs. But once we got into the playoffs, it is a whole new ballgame. One or two plays can be the difference between you advancing and you having the season end.

"Everyone has a purpose, everyone has a big role. It might come down to your role. We're are focused on trying to accom-

It is an exciting time for the Rangers and for hockey in this city in general. The New Jersey Devils are having a good season and the New York Islanders have moved to Brooklyn and are third in the Metropolitan. All of which means that a town not exactly known as a hockey town is getting some serious ice burn.

McDonagh senses the excitement and the rivalry of all three teams play-

He also acknowledges that his teams' success last year has led to a growing fanbase, in particular with younger fans.

All of which has led McDonagh to hop on board with Delta Air Lines, which is offering a "Fly Like a Pro" grand prize where a lucky fan will be able to travel on a private jet next year to a road game.

He thinks it will be eye-opening for fans to see how the team travels, especially as Rangers fans become more educated on the league and the "Blueshirts."

"[I'm] impressed by what they know — pretty much inside what is going on with the team, guys getting called up or down, transactions being made, how guys are playing, who is injured, who is coming back," McDonagh said. "It is great to know that the fanbase is so in tune with the team, want us to succeed so much, are behind you so much at home, it makes it exciting to be a part of."

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1) a proposed change of control of five cable television
franchises held by Time Warner Cable New York City LLC
("TWC") in Staten Island, Northern and Southern Manhattan,
Brooklyn and Queens whereby NewCo, LLC, will become the
parent company of TWC. By that transaction, TWC will be
ultimately controlled by New Charter, Inc.; and 2) a proposed
change of control of two cable television franchises held by
Cablevision Systems New York City Corporation (Cablevision) in
Brooklyn and the Bronz whereby Cablevision (Cablevision) in Brooklyn and the Bronx whereby Cablevision will be ultimately controlled in majority part by Altice N.V and its parent entities.

A copy of the ownership organization charts reflecting the proposed changes of control ("proposed organizational charts") may be viewed at DoITT, 2 Metrotech Center, 4" Floor, Brooklyn, NY, 11201, commencing February 11, 2016, through March 7, 2016, between the hours of 8:30 AM and 3:30 PM. excluding Saturdays, Sundays and holidays. Paper copies of the proposed organizational charts may be obtained, by appointment, at a cost of \$.25 per page. All payments shall be made at the time of pickup by check or money order made poyable to the New York City Department of Finance. The proposed organizational charts may also be obtained in PDF form at no cost, by email request. Interested parties should contact. Brett. Sikoff at 716-403-6722, or by email at franchiseopportunities@doitt.nyc.gov.

NOTE: Individuals requesting sign language interpreters or any other accommodation of disability at the public hearing should contact the Mayor's Office of Contract Services, Public Hearing Unit, 253 Broadway, 9° Floor, New York, New York 10007, (212) 788-7490, no later than SEVEN (7) BUSINESS DAYS PRIOR TO THE PUBLIC HEARING. TDO users should call Vertzon

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Large decisions loom for Giants

The franchise tag period has begun and free agency is drawing close.



NFL teams have already begun paring their rosters and trying to get under the expected 2016 salary cap, and the New York Giants aren't any different.

Coming off a disappointing 6-10 campaign, Big Blue kick-started the process, last week by releasing offensive tackle Will Beatty, guard Geoff Schwartz and linebacker Jon Beason. All three were injury prone players — particularly Beason, who retired upon his release.

The cuts were a telling sign considering all three positions were spots of need on the battered and thin Giants roster. But there are still a handful of players on the roster who are set to be free agents that must be reviewed. The re-signing of a team's own free agents is a vital piece of the free agency process, and Big Blue has no shortage of key players, including defensive ends Jason Pierre-Paul, Cullen Jenkins, George Selvie, and Robert Ayers, cornerback Prince Åmukamara, wideouts Hakeem Nicks



Prince Amukamara is one player the Giants could potentially slap the franchise tag on, GETTY IMAGES

Big Blue notebook:

- The Giants have six draft picks — as they traded a conditional seventh-round pick to Pittsburgh for punter Brad Wing — including the 10th overall selection.

10th overall selection.
- The list of star players to hit the market — and who may also be too pricey for Big Blue — include Kansas City free safety Eric Berry, Chicago wide receiver Alshon Jeffery, Buffalo offensive tackle Cordy

Glenn, and Carolina corner-back Josh Norman.

- The more realistic options would be a list that includes Tennessee free safety Michael Griffin, New Orleans guard Jahari Evans, Atlanta strong safety William Moore, Philadelphia wide receiver Riley Cooper, Miami defensive end Olivier Vernon, Seattle pass rusher Bruce Irvin, San Diego tight end Ladarius Green,

Oakland offensive tackle Donald Penn, Cleveland offensive tackle Mitchell Schwartz (Geoff's brother), Denver guard Evan Mathis, Baltimore guard Kelechi Osemele, San Francisco defensive tackle Ian Williams, New York Jets defensive tackle Damon Harrison, Denver linebackers Brandon Marshall and Danny Trevathan, Los Angeles Rams cornerbacks Janoris Jenkins and Trumaine Johnson, Cincinnati strong safety George Iloka, and San Diego safety Eric Weddle.

Eric Weddle.
- Martin Mayhew was hired away from Detroit to work closely with assistant general manager Kevin Abrams on all aspects of the salary cap, CBA compliance, and player contract negotiations. He will also handle special projects as assigned by Reese.

and Rueben Randle, kicker Josh Brown, linebacker Jasper Brinkley, and long snapper Zak DeOssie. It's highly unlikely all return, and just as unlikely the team uses its franchise tag on any of them, but it is still a solid group of veterans that could be of use.

Of the aforementioned, only Amukamara would seem worthy of the tag, but with the amount being \$13.05 million for cornerbacks, it's a slim chance.

Franchise tags aside, the free agency period earnestly begins on March 9 and general manager Jerry Reese will have to buck the trend of penny-pinching and actually go after high-profile players to help this middling roster.

New York will defi-nitely have the funds this offseason to go splurging, as the projected salary cap will hover around \$154 million. The Giants will be roughly \$58 million under that projected number, which means they could be major players — if Reese chooses. While he's never been known to open the checkbook too wide, it should be noted the general manager is on the hot seat — as there's no one else to blame for the Giants' recent losing ways - so he may have to go outside his comfort zone to appease John Mara.



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A research study of a new combination antibiotic is now underway for people suffering from Crohn's disease.

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* Enemy

* Second

* Work sto

Husband-wife

Relationship

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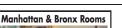
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only food rescue organization, will procure & deliver over \$175,000 worth of high-quality food for the Food Pantry Initiative with City Council discretionary funds from the Department of Youth and Community Development (DYCD). There are 10 pre-selected emergency feeding programs throughout NYC that will receive food and City Harvest is seeking a vendor to fill food orders. Eligible vendors must be able to: pick, palletize, invoice and deliver orders for individual agencies; fulfill 80 individual orders with min. order of 10 cases, max. order of 550 cases & avg. order of 110 cases; provide the following food items: dry, refrigerated and frozen food (50% of which canned & dry, 18% of which produce), only 100% juice, seafood including Cod, fresh spinach, hand fruit; provide daily project fulfillment reports with the following info about agencies receiving food: order date(s), delivery date(s), amt. of funding allocation spent, amt. of funding allocation remaining, and if agency has completed all ordering. Contact Max Hoffman at City Harvest at mhoffman@citvharvest.org by 2/22/2016 if you meet all requirements listed above and would like to participate in the Bid. On 2/16/2016 the Bid template will begin to be sent to all eligible participants. Completed Bid template must be submitted 2/22/2016.

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LEGAL NOTICES

REPUBLIC OF TRINIDAD AND TOBAGO IN THE HIGH COURT OF JUSTICE (Family Court Division) No. FH02674/2015 Between

SUE-ANN BEST (Petitioner)
And
BRIAN C SEYMOUR (Respondent)

To: Brian C Seymour, address unknown

TAKE NOTICE that on the 18th November, 2015 a divorce petition was filed against you by Sue-Ann Best in the Family Court of Trinidad & Tobago.

AND FURTHER TAKE NOTICE that by an order Made on the 8th of January 2016 the petitioner was directed to effect substituted service of the petition on you by this advertisement in a newspaper of general in New York, once per week for two (2) consecutive weeks AND THAT you be allowed 21 days after the last advertisement in which to acknowledge the substituted service.

If you desire to defend this action, you must state this within 21 days after the advertisement, either by letter, or by an Acknowledgement of Service (form 5- available at the Registry), which must be lodged at the Court Office of the Family Court of Trinidad & Tobago, Cipriani Place, No. 4, Cipriani Boulevard, Port-of-Spain (Tel. Number 223 1060; Fax Number 624 0557)

TAKE NOTICE that the case is set for hearing on Wednesday 6th April 2016 at 9:45 a.m. in Hearing Room No. 2 and IN DEFAULT of a letter or an Acknowledgement of Service, the court may proceed in your absence and make any order it considers appropriate, including granting the divorce

Dated the 8th day of January 2016

Nirala Bansee-Sookhai Deputy Registras and Marshal Family Court of Trinidad and Tobago Deputy Registra (Ag.) Family Court

NOTICE IS HEREBY GIVEN that a license, Serial # 1292468, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 110 Forsyth Street, New York, NY 10002. New York County, for on premise consumption. Downtown Cafe LLC.

NOTICE IS HEREBY GIVEN that a license, Number 1291678, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 664 Lexington Ave., New York, NY 10022, for on-premises consumption. Café Olympia 55 Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1278293, for Eating Place Beer has been applied for by the undersigned to sell Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 250 Avenue A, New York, NY 10009, for on-premises consumption. Zaragrossa Mexican Deli and Grocery Inc. NOTICE IS HEREBY GIVEN that a license, Serial #1292509, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 1-15 Bennett Ave., New York, NY 10033. New York County, for on premise consumption. Tampopo LLC.

NOTICE OF FORMATION

of New Flavors LLC. Articles of Organization filed with the Secy. of State of New York (SSNY) on 01/11/2016. Office location: Kings County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 1041 East 84th Street, Brooklyn, NY 11236 Purpose: Barbering and any lawful activity.

ENTERTAINMENT

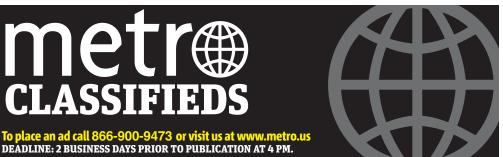






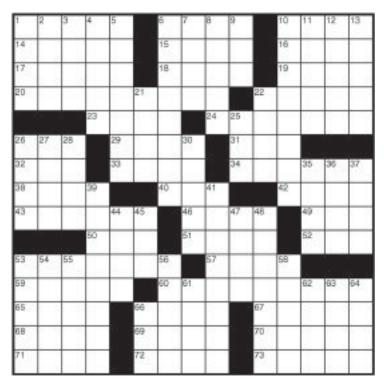






30 New York Wednesday February 17 2016

metro.us/crossword



Across

1 Demanded attention, as a doa

6 Large number

10 Crowbar end

14 Slur together

15 Ibsen heroine

16 Island dance

17 Telescope lens 18 Heavy hydrogen discoverer

19 Cast- — stomach

20 Missing something

22 Patsy of country

23 Minor setback

24 Fell hard

26 45 or 78

29 Roofing piece

31 Hosp. diagnostic aid 32 Fiesta cheer

33 Prepare cherries

34 Turn to bone

38 Contract proviso

40 Skip stones

42 Comet — -Bopp

43 Hollow

46 Retirees' kitties 49 Guy's date

50 Schuss

51 Brain part 52 Pea-green boat passenger

53 Guesses

57 Poodle pros

59 Hibachi residue

metro.us /games

60 Spaghetti go-withs

65 Remain

66 Chervil or chive

67 Slack-jawed

68 Raise, as a question

69 Oprah's middle name 70 Sponge

71 Earned a citation

72 Park feature

73 Work, as clay

Down

1 Day laborer

2 Brand for Bowser

3 Life-of-the-party types

4 Proofreads

5 Pours the wine

6 Cuddled up

7 Petty of "Tank Girl" 8 Standing tall

9 "— cool!'

10 Immature

11 Wildly dramatic

12 Isolated

13 Subsided 21 Cafe au

22 Stravs

25 Insurance ap.

26 Univ. marchers 27 Defendant's answer

28 Vanna's boss

30 Inbox filler

35 "Othello" heavy

36 Blemish 37 Loud cry

39 Made typos

41 Readily verified

44 Bout enders

45 Feminine principle

47 Drive the getaway car

48 Delay

53 Grates upon

54 Bar legally

55 Action film highlight 56 Blur, as ink

58 "Cosmos" host

61 Buffalo's lake

62 Fill the hull

63 Links org. 64 Nut, actually

66 Statue meas.

metro.us/sudoku

5 7 1 4 2 9 4 8 7 5 8 1 6 9 2 3 6 9 7 3 9 2 3 1 5

3

4

9

2

hard

easy

	5	4						
			4		3	1		
6	1	8	2			4		
			3	4				6
4	9			2			1	8
7				1	8			
		1			2	6	8	4
		9	5		4			
						5	9	

metro.us/horoscopes



Aries Check out which of your many options has the most depth and longevity. Whether dealing with a personal, financial or professional matter, you have to be realistic.



Taurus Listen to what's being said or offered to you. You may give or get the wrong impression. Ask questions and be as precise as possible. Ridicule and criticism will lead to setbacks.



Gemini Employ your intellect and persuasive ways to get what you want. Choose to use your creative imagination. If you express your thoughts, the response will be educational.



Cancer Follow your gut and act swiftly to avoid interference. Don't worry about what others do. As long as you set your goals, success will be



Leo Don't limit what you can do. Explore the possibilities and stay on course until you are satisfied that you have exhausted every option. A chance to come into some money is apparent.



Virgo Practical applications will bring substantial results. Don't hesitate to use all your resources to reach your goal. Bypass anyone trying to disrupt your plans. Trust in your abilities.

Yesterday's answers



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Libra Keep moving forward regardless of what others are doing or the changes going on around you. It's important not to lose sight of what's most important to you.



Scorpio You'll have too many choices. Find the best way to utilize your skills to ensure that you make the biggest gain. Don't let a personal relationship stand in your way.



Sagittarius Keep everyone guessing in order to avoid being cornered by someone looking for answers to questions that make you uncomfortable. A pleasure trip should be planned.



Capricorn Everything will be subject to your ability to finish what you start today. Enlist the help of others if you trust them to be assets to your plans.



Aquarius Do something that makes you feel happy. Take a break or make a move to improve your life, looks or expertise. Give yourself a boost



Pisces Do something constructive that will help you avoid a dispute or an emotional scene. Every choice you make will have an impact on how you move forward. **EUGENIA LAST**

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